

WHAT IS CLAIMED IS:

1. A breathable, ventilated one-piece shoe pad comprising:
 - (a) a shoe pad body having multiple ventilation holes; and
 - (b) an air bag attached to the bottom surface of said shoe pad body, said air bag having corresponding ventilation holes aligned with said multiple ventilation holes of the shoe pad body.
2. The breathable, ventilated shoe pad of claim 1, wherein said shoe pad body includes a compartment that contains said airbag.
3. The breathable, ventilated shoe pad of claim 1, further including foam padding deployed inside of said air bag.
4. The breathable, ventilated shoe pad of claim 3, wherein said air bag extends from a heel portion of said shoe pad body for a distance of half the length of said shoe pad body.
5. The breathable, ventilated shoe pad of claim 4, wherein a heel thickness of said air bag is thicker than the rest of other parts.